Bolivia Reported Opening Vast Areas To Reich Refugees

Homesteaders Offered 125 Acres and Other Inducements

By the Associated Press. Word was received here yesterday that Bolivia had taken action that might open her vast empty spaces to thousands of refugees from Ger-

The Bolivian government has passed a resolution stating "that the frontiers of Bolivia are open to all the world, sane of body and mind, who desire to come to work the rich lands which are granted to them gratuitously.

Rich Land Is Offered.

Simultaneously it was learned the government has decided to offer homesteaders 50 hectares (about 125 acres) of land, free passage from the Bolivian frontier for immigrants and their families and free entry for their household belongings and agricultural tools. Most of the land set aside for colonization is reported to be rich but far from commercial centers and the frontiers.

Jewish immigrants agriculturally inclined could obtain specific permission to enter from the ministry of colonization

Population About 3.000,000. Bolivia, only landlocked South American republic, is equal in size to the combined States of California, Oregon, Nevada, Arizona and New Mexico, yet has a population of only slightly more than 3,000,000.

German, Czecho-Slovak, Polish and Rumanian citizens already have begun to trickle into the country.

Slain Girl's Family Has Sad Christmas

By the Associated Press.

KINGSTON, Pa., Dec. 24.-There was but a pretense of Christmas Eve cheer tonight in the home of Margaret Martin, 19, victim of a depraved slayer, who was buried today, nine years from the day of a brother's funeral.

Margaret was carried to a grave beside that of her brother, whom she watched die of a child's disease in 1929 at the age of 4. He. too. was buried the day before Christ-

Friendly neighbors, whose sympathy helped the girl's parents, Mr. and Mrs. John Martin, through a week of terror and tearful days and nights, hung simple Christmas decorations in the rooms where her body lay this morning.

They planned a Christmas dinner for the family tomorrow. Margaret's brother and sisters have been staying at the home of relatives and friends since her nude body was found Wednesday crammed in a gunny sack and submerged in a mountain brook near Tunk-

hannock, 30 miles from here. to exchange the gifts which they had planned before Margaret left home last Saturday in response to a telephoned offer of a stenogra-Her slayer has not been found.

Probe 'Peeping Tom' Theory in Murder

CANON CITY, Colo., Dec. 24 .-District Attorney E. M. Eagleton gled Mrs. Mona Atterbury, 31-year-

coroner's jury found that Mrs. At- at this time. terbury died of strangulation "by person or persons unknown," Mr. Eagleton reported he had learned incidents in the residence section of the Atterbury home.

Dr. Atterbury testified his wife carried \$12,500 in life insurance. He said he was named the beneficiary for \$7,000 of that amount. Dr. and Mrs. Atterbury were married a year and a half ago.

Lewis Weighs Resignation As Whip



SENATOR LEWIS.

Senator Lewis, Democrat, of Illinois, said yesterday he was considering resigning his post as Demo-

cratic whip of the Senate Senator Lewis said he had several legislative measures which he wished to push in the forthcoming session of Congress. He explained that as whip of the Senate he was prevented from attaching his name to any legislation because of the implied authority the whip wields in mustering support within party ranks for any administration meas-

Senator Lewis said Vice President Garner had asked him to retain his post so that the official lineup of the Senate would not be disturbed in the next session. Because of Mr. Garner's request. Senator Lewis said, he had made no final decision in the matter.



WORCESTER, MASS.—STEEPLEJACK FALLS-After he plunged 70 feet from tower (left) to sloping roof of a high school building yesterday, Andrew Anderson, steeplejack, was object of a dramatic 30-minute rescue to prevent him falling another 40 feet into street below. At left is a street view and at right a close-up of Alexander White working to aid the seriously injured man.

the past year has been increasingly

tinental and transocean service.

placement program.

the record year of 1937.

Every expectation points to a

months of 1939. At a fair estimate.

the monthly activity during that

slightly below the rate for 1937.

Principal favorable factors are

lations, more independent Congress,

present-day attitudes of manage-

from the aggregate of a large num-

ber of relatively small improvements

in industrial plants. As never before, industry realizes that increased

costs, due to higher labor rates

higher prices for materials and

more taxes, must be offset by lower-

ed production costs. Steps are being

taken to provide better inventory

control, better materials handling,

more effective utilization of power

Erik Oberg, Editor, Machinery-

The machine building industries,

particular, have not had an ex-

ceptionally good year in 1938. The

prospects for the coming year ap-

pear reasonably good. It is likely

that there will be a fair amount

of domestic business placed early in

the year; futhermore, the Govern-

ment's preparedness program will

reflect favorably on activity in the

machine tool and kindred industries.

Foundry-The foundry industry an-

ticipates a slow increase in orders

during the early portion of 1939. Be-

cause of the basic character of cast-

ings in practically every manufac-

turing operation and the improve-

ments which have been made during

recent years in the quality of mallea-

Frank G. Steinebach, editor, the

and equipment

115, on the 1923-25 average.

taxes against them.

-A. P. Wirephoto.

Wide Advances in Industry Farming, grazing and mining are the chief occupations. Predicted for New Year

Upturn in Last Months of 1938 to Continue, **Expand, Trade Publication Editors Say**

Wide advances in American industry in 1939 are generally forecast by editors of trade publications throughout the country, spokesmen for the industries and professions their journals represent.

Upturns that occurred in many fields in the last few months of 1938. offsetting depressed conditions in the earlier months, are expected to continue and expand in the coming

Joseph B. Mason, Eastern Editor, American Builder - The stubborn lag in durable goods producwill be greatly reduced in 1939 by a substantial increase in residential building and housing. An business in 1939 will be better than in private home building is indi-60,000 to 100,000 dwelling units by the United States Housing Authority should bring the total number of new homes for the year close to the a vast unfilled demand. With any products. 1929 total of 500,000.

at the building sites. It will create budget and paying the debt. an additional 465,000,000 man-hours of work in factories, forests, mines and transportation.

tomotive Industries-During 1939 it is likely that most passenger car manufacturers will show gains over

It is generally believed that the most significant effect on automobile sales proceeds from the condition of the national income. Preliminary estimates of the national income produced during 1938 indi-

and automotive-sales. Twentyfive per cent is a reasonable guess A. W. Zelomek, economist, Fair-

child Publications-Activity in the textile-garment industries in 1939 of at least four recent "peeping tom" | will exceed that of 1938. The increase for the year may approximate at least 10 per cent above Dr. R. L. Atterbury, the dead 1938. The gain in wool, rayon and woman's osteopath husband, testi- men's clothing may be slightly fled at the inquest last night that greater than in cotton, silk and he found her body at the foot of women's apparel. Total production their home's cellar steps when he will, however, fall short of the estimated increase for all industries. Whereas in 1938 these industries were in the vanguard as far as recovery was concerned, and were a contributing influence in the general business gain, next year they will probably move mostly with gen-

Retail outlook for 1939 is for an ncrease in sales above 1938 close to the estimated gain in income, which is about 712 to 10 per cent.

James H. McGraw, jr., president, McGraw-Hill Publishing Co., Inc.believe that we can look forward to 1939 with a sober and wellgrounded confidence. Losses in 1938 have been substantially cut and a strong foundation has been laid for better earnings in 1939

On the threshold of the new year we have as a backlog for confidence business recovery already well under way; a sharp expansion in consumer purchasing power as a result of increased employment and pay rolls over the last six months, and a well-marked upturn in the heavy industries—particularly construction and steel. With that backlog, I cannot help but feel that the average businessman will find the prospects for better volume and profits during 1939 definitely

Ralph Smith, editor, Business Week-Not since 1928 has the outlook at the beginning of any calendar year seemed so bright as it does now. Business has been moving upward fairly steadily and at a fairly brisk pace. For the full year, industrial output could easily be 20 per cent ahead of 1938, though perhaps not quite as high as 1937. Moreover, Government spending will be an important contributor to consumer purchasing power. The national income in the coming year might well approach or exceed the 1937 level of \$70,000,000,000.

Expansion of pay rolls and emloyment in the last six months has laid the base for a good year in retail trade. Consumer expenditures should begin to expand fairly rapidly in the spring, once confidence in employment returns. Installment volume should also begin to pick up

All in all, the outlook for 1939 is for a continuance of a rounded re-

George F. McLaughlin, editor Aero | will be reflected at once in foundry tled political conditions in Europe, Machine tool foundries predict a legislative form. e of unset- | operations.

and, with steel production possibly continuing the forward movement. mill equipment should enjoy a great-G. F. Nordenholt, editor, Product

Engineering-The year 1939 promises to be one of the busiest that the profession of engineering design has experienced, because of developments with reference to national de-NEW YORK, Dec. 24 (N.A.N.A.) - active in the field of American mili- fense as well as non-Government tary aircraft construction. Orders activities.

from foreign countries for military airplanes will continue to keep most expressed the opinion that, by the of our large manufacturing plants end of January, engineering activity running near their full capacities will be as great as it aver the Gifts Deluge Children running near their full capacities will be as great as it ever was in 1937 and that, by June of next year, The prospect that Congress will engineering departments will be opauthorize the expednture of suffi- erating at their peak.

cient money to develop our air power to an extent unparalleled in history Chemical & Metallurgical Engineeraugurs well for the American avia- ing-Several novel chemical fibers tion industry. Commercial airlines have recently been announced that will take delivery of several modern are superior to any existing forms types of air transports during 1939. of rayon or natural textile ma-The largest airliners in the world terials. Within the past three will be put into service for transcon- months, approximately \$25,000,000 has been appropriated for the con-Frank Gould, editor, Manufactur- struction of new plants to make ers' Record-It is my opinion that these products available during 1939. increase of from 25 to 35 per cent it has been in 1938. There are al- operated at approximately 110 per ready signs of improvement in what cent of its 1935 average, is looking cated. The further addition of from industry is planning, as evidenced forward to new advances in 1939. by the bond issues it is success- All-time records may well be estabcountry have banked up and there is organic chemicals, and petroleum

gineering and Shipping Review- the first quarter.

For the third consecutive year, the shipbuilding industry has set a new in the domestic market for all improved. Her 37-year-old husband record in the volume of vessel ton- products. A decline of 17 to 20 per was killed instantly near his autonage under construction. Further cent in exports of crude oil in 1939 expansion is definitely assured in is anticipated, and this, together Finegan said the couple had tied Vital statistics. 1939, for the orders for merchant with the fact that greater gasoline a small spruce. vessels so far placed by the Mari- yield will be obtained from the crude time Commission, in conjunction run to stills, will make unnecessary Rousseau's mother. with private operators or for its any material increase in oil producown account, barely meet the min-

of the Government's 10-year re-Douglas G. Woolf, editor, Textile business in the first half of 1939 World—The textile industry approaches 1939 with an entirely different outlook from that with which The textile curve of 1938 was lightly above "normal" (1923-25 tonnage, by enlarged building conaverage), but about one-fifth below making consumer goods. plane manufacture and shipbuildcontinuation of a good rate of activity through at least the first six

ing should prosper.

period should approximate 120, or For 1939 as a whole, the best guess is that it should be well above "normal," say in the neighborhood of Godfrey M. Lebhar, editor, Chain will be moderate but satisfactory. Store Age—Chain store operators

will enter the new year feeling far more optimistic than they did a year ago. Their optimism will be the early fall to estimate an increase consumption of metals are prospects based upon two factors: The improved outlook for business in gen- total volume in 1939 have revised tion, automobile manufacture, eleceral and the growing opposition in responsible quarters to proposals like that of Congressman Wright Patman of Texas to destroy chain more.

stores by levying special, punitive L. C. Morrow, editor, Factory Management and Maintenance-The manufacturing industries are due for better business in 1939. Pump-priming, improved labor reunit of output

gain of at least 25 per cent in 1939,

A number of manufacturers have

imum requirements of the first year

dent, American Paint Journal Co .- conditions, at least during the first of 10 per cent in the industry's for increased activity in constructhis estimate upward during the trical manufacture, utility expanpast six weeks and are now looking sion. The current emphasis on for an increase of 15 per cent or armament is also a favorable factor,

ness calamity, the indications are mining that the power output during each week of 1939 will be larger than

foundries producing rolls and other

Chemical industry, which in 1938 fully floating. The needs of the lished by plastics, rayon, synthetic Christmas possible under the cir-

kind of encouragement, this de- V. B. Guthrie, National Petroleum slaughter, after being assured the Purchases by building operators mand will manifest itself and we News-The oil industry is regaining arraignment was a formality, and in 1939 will stimulate all forms of should move forward. As we do, its stride, at the close of 1938, from was returned to jail. Later his sondurable goods production as well as the idle will find employment, and, the general slump of the early part in-law supplied bail of \$1.000. Prospect of \$155 - while we may have to tighten our tation. An increase of \$155.- while we may have to tighten our of this year, and indications are ecutor Howard R. 000 residential units next year will belts as the tax bill grows, we can for a greatly improved position for position of the charge was up to a create 310,000,000 man-hours of work make progress toward balancing the the industry in 1939, provided that grand jury, and indicated the case caution in the rate of operation of might H. H. Brown, editor, Marine En- refining plants is maintained during homicide.

Increases are looked for in 1939 ly 50 shot, meanwhile was reported

companies. of current prices, the earnings of period since 1929. the majority of the food companies

Because furniture production is so of the industrials.

the reorganization date.

Sidney D. Kirkpatrick, editor,

Burnham Finney, editor, American Machinist-Many influences are at work to insure better machine tool Automobile makers, now behind in deliveries to dealers, should assemble cars in substantially larger showed far fewer married men were numbers. Steel operations should serving drunkenness sentences than be well supported by automotive in previous years. struction programs, and by users number of single men serving sim-Air-

should aid many metal-working and housing is showing the greatest Dr. L. V. Burton, editor, Food over 1937-and promise of still great-Industries-Given a year of average er gains in 1939, furniture manufacweather, free from great extremes, turers and dealers face the new year in 1939, plus a reasonable stability with greater confidence than at any

Engineering Journal-The outlook George H. Priest, jr., vice presi- for mining in 1939 is for improved Observers who were encouraged in half of the year. Favorable to the but one easily overemphasized. In S. B. Williams, editor, Electrical dustrial recovery is the most vital World-Barring an unforeseen busi- influence in the welfare of metal

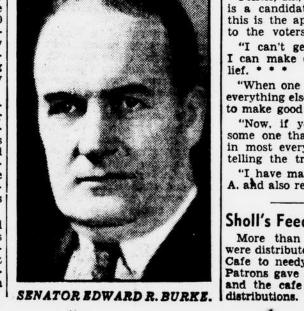
Burke to Talk on Labor Act

Speaks in Forum Tomorrow Night On Amendment Needs

The National Labor Relations Act and necessary amendments will be and the machine tool industry in the subject of an address by Senator Edward R. Burke of Nebraska in the National Radio Forum at 10:30 o'clock tomorrow night. The National Radio Forum is arranged by The Star and broadcast over a network of the National Broadcasting Co. The program is heard locally through Station WMAL. Senator Burke has made an in-

ensive study of the National Labor Relations Act and its administration. During the recess of Congress he traveled in Europe and studied the labor laws in a number of countries there. He has very definite ideas of what should be done to improve the National Labor Relations

Amendment of the act is expected ble, steel and gray iron and nonto be one of the foremost subjects ferrous castings, further recovery in for consideration at the coming sespractically every branch of industry sion of Congress. It is expected that Senator Burke, a Democrat, will submit his proposed amendments in



Republicans Gain **Full Control of Keystone Senate**

Readers' Guide

News Summary

The Sunday Star, Dec. 25, 1938.

PART ONE.

Main News Section.

aggression.

Nazis put future of U.

up to Roosevelt.

aging concordat.

Reich refugees.

Base ready for

Soviet palace.

fense warning.

voided pact

Reich providing

can colonists.

at dinner.

mas Eve parties.

"The Holy Terror."

list for Nationals.

PART TWO.

PART THREE.

Dow-Jones stock averages. Page C-9

Classified advertising, Pages C-12-13

Pages B-4-5

Page B-8

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Page C-10

Page C-12

Sports.

Editorial.

Editorial articles

News features

Fraternal news

Stamps

Society.

Automobiles.

Society news

Well-known folk

Financial, Classified.

National trade gains.

Rail stocks rally

Lost and found

Educational.

Features.

Art notes

Civic news.

Amusements.

Radio programs.

Children's page.

Failure in All Jobs,

He Now Seeks Office

a candidate for supervisor and

to the voters of his township:

to make good at something * * *

some one that has made a failure

in most every walk of life, except

"I have made a failure on W. P.

telling the truth, vote for me.

Capital store sales rise.

Week's stock summary.

Dick Mansfield

Cross-word puzzle.

In bridge circles.

Editorials and comment.

John Clagett Proctor.

Military and veterans

Democrat Resigns to Take Coroner's Post In Allegheny By the Associated Press.

HARRISBURG, Pa., Dec. 24.—Retirement of a Democrat left Republicans today with numerical strength to organize the State Senate and thus make complete their return to power in Pennsylvania.

Control of the Senate was the only prize Republicans failed to wrest from the Democrats in the November election P. J. Henney of Allegheny County decided he would retain his post as

county coroner and give up the Senate seat. His right to hold both had been questioned His action assured the forces of Governor-elect Arthur H. James the strength, 25-24, to organize the

Senate—a power Democrats believed they held up to now. Thus a clear path for Republican policies in the Legislature was opened for the first time since George H. Earle's "little New Deal" interrupted a 44-year Republican reign in 1934.

the tide of James' huge vote but "holdover" Senators had given the Democrats a 26-24 edge in the upper One of the listed Democrats, Wel-

The House went Republican on

den C. Heyburn, transferred his allegiance to the Republicans recently in a statement of policy bringing on a deadlock that could have—and would have—been bro-Foreign. Americas form solid front against ken by the vote of Democratic Lt. Gov. Thomas Kennedy. Mr. Kennedy's authority extends

through the January 3 reorganization and ends January 17, when the Republican-elect, Samuel S. Lewis, assumes the chair. A special election to fill the Henney vacancy cannot be held before

Of Slaying Victim

ELYRIA. Ohio. Dec. 24.-A sad

Christmas Eve, softened only by the National. generosity of friends, was the lot ceaseless work Roosevelt pledges tonight of two little girls whose father was killed as he attempted for peace. Page A-1 to get them a Christmas tree. McCarran to seek higher wage level Deputy sheriffs took a pile of for U. S. employes. Page A-1 gifts, a tree and \$26 cash to Geral-Coster-Musica visits to R. F. C. are revealed here. Page A-1 dine Rousseau, 11, and Sarah Rous-Homer Martin reported planning to seau, 8. Their father, William Rousseau, was slain, and their mother leave C. I. O. Page A-3 National Guard called out in Okla- Of False Prefenses was shot critically yesterday as homa refinery strike. Page A-7 William Case, 84, defended his

evergreens from depredation. "We'll give them the happiest cumstances," said a deputy,

Washington and Nearby. Case pleaded innocent to manhusband dead of gas. Page A-1 Rabbi Abram Simon dies of heart attack at Shoreham. Page A-1 provement in business. Page A-1 School building program here urged by King Marriage wait rule in prospect for be considered justifiable Fairfax.

Mrs. Roosevelt attends seven Christ-Mrs. Rousseau, 29, struck by near-Miscellany. mobile, to which Sheriff Carl E. Smashing the spy ring. Obituary

Married Men Improved

The children were staying with

BOSTON, Mass., Dec. 24 (AP).-Tippling, perhaps, is becoming-more or lights athletic year here. less—a bachelor's diversion. Penal Institutions Commissioner John J. Douglas reported a survey record for Star event. Page A-14 Top Row, Roman Soldier prove turf's exciting bargains.

ilar sentences.

Large Army and Navy contracts closely tied to housing's shirttai gains of any industry-20 per cent

H. C. Parmalee, editor, Mining and

Philip W. Swain, editor, Power-Equipment manufacturers may exthe same week for any previous pect also a substantial volume of year. The increase in gross revenue, business from industrial power plants however, will not entirely reflect in 1939. While the aggregate kilothe increase in power output be- watt-hour capacity of the induscause a large part of the increase in trials is considerably less than that 1939 will come from industrial load, of the central stations, the total which carries a smaller revenue per money invested in generating equipment (including boilers for process J. A. Gary, editor, Furniture Age- steam) is much greater in the case

Pope accuses high Fascists of dam- Washington on October 22, 1889, and Page A-1 did not adjourn until April 19, 1890. The style for short and snappy Bolivia reported opening land to Page A-2 Pan-American meetings was not set quarter-mile-high | until 1933, when the seventh confer-Page A-3 ence, meeting in Montevideo. Uru-Insurgents report big gains in Tremp | guay, closed its labors 23 days after Page A-4 it had opened. All the other In-

Pan-American Parley

shortest Pan-American conference

on record, according to the Pan-

American Union. Opened on De-

cember 9, the conference will have

This is in marked contrast, Pan-

American Union officials noted, with

been in session only 18 days.

Page A-1 the First International Conference

Page A-1 months and 17 days. It met in

S. relations of American States, which lasted 6

To Be Shortest

AFTER THE RUSH WAS OVER-Even though many of the Gov-

ernment employes had left town for the holiday and men shop-

pers on Christmas Eve seemed to far outnumber women, John

Zevgolis, a street vendor, found his wares sold out before night-

fall yesterday. "Business was good," he said.—Star Staff Photo.

Hull lauds Lima declaration as de- ternational Conferences of Amer-

Page A-5 ican States have lasted a month or French reclaim land given Italy in more. The second conference, held in Page A-5 Mexico City, lasted exactly three Yule cheer for Afrimonths, from Otcober 22, 1901, to Page A-7 January 22, 1902. The duration of the third conterence, which met in Rio de Janeiro, in 1906, was 39 days, and the fourth conference, held in Buenos Aires, tour years later, last-

Dies Witness Cleared

ed 49 days.

By the Associated Press. Rookie Representative expects 2,000 Page A-8 DETROIT, Dec. 24.-Jacob Spolænsky, discharged Wayne County deputy sheriff and one-time witness before the Dies Congressional Committee, was acquitted today of a charge of obtaining money under false pretenses.

Justice of the Peace Stanley A. Grendel, who tried the case, said arm muscles tighten. They are althere was insufficient proof that Spolansky had taken \$20 from a Page A-16 tavern proprietor on a promise of assistance in obtaining a liquor Page A-16

Spolansky averred that the charge Page A-16 was preferred against him "to discredit the Dies Committee and blacken my character. Testifying before the Dies Com-

mittee on alleged Communistic in-Page A-10 fluences in Michigan sit-down strikes, Spolansky said that Sheriff Thomas C. Wilcox had threatened to discharge him if he appeared as 18 major games on rugged exhibition | a witness. The sheriff denied at Page A-11 | the time that he had any such in-Advance of amateur sports high tention. Spolansky was discharged recently after he had been arrested Pages A-12-13 on the charge of which he was Joe Harrison, with scratch 707, rolls acquitted today.

Page A-15 Syrucuse Editor Dies

SYRACUSE, N. Y., Dec. 24 (AP). Harvey D. Burrill, president of the rule supervision. The first mistake Syracuse Newspapers, Inc., and editor of the Syracuse Journal and the fort" to relax. Syracuse Sunday American, died to-Page B-2 night after an illness of three months. He was 70 years old.

Page B-6 Santa Goes Modern

CASHTON, Wis., Dec. 24 (AP).-Cashton's Santa Claus went modern this year. Instead of a sleigh, Santa came riding into town on the of a fire siren instead of sleigh bells. | ment.

Gestures That Relax Body Help Prevent

By HOWARD W. BLAKESLEE,

Associated Press Science Editor. NEW YORK, Dec. 24.-Some simle gestures which induce sound sleep have become a potential preventive for two of the fastest forms of sudden death

The pair are heart disease and cerebral hemorrhage, respectively first and fifth in the first 10 killers in civilization. The sleep gestures come from the University of Chi-

Their life-saving possibility rests on inducing peace of mind and relaxation of body to prevent high blood pressure.

The old idea that high blood pressure is due to the nervous tension of civilization has just received startling confirmation in South America

Artificial Formula Found.

There, in Brazil, William Hall Holden, M. D., of the American Museum of Natural History, found that not one of the three troubles appears to exist in a tribe of Indians who never have been in contact with When the Lima Conference comes civilization to a close Tuesday it will be the

He said they do not worry. Americans can't return to savagery's simple life to escape worry. But in Chicago Edmund Jacobson, M. D. has found an artificial formula to

With, perhaps, the easiest form of 'exercise" ever devised, he teaches the muscles and the mind to relax. Several years have gone into perfecting the method. The climax, recently, is a system for bringing back the deep, sound sleep of child-

Unlike other exercises, these do not require continuous training to stay in condition. They teach a trick, one of the most difficult, to "let go" completely. Once learned this art is on hand for use at all

Learned Lying Down.

It can be applied without going to the point of sleep. Its dramati benefits became apparent early in the study College students, learning relaxa-

tion in the laboratory, became part-

ly, and in one case, wholly insensible to pain from electric shocks which always hurt when they were tense. The learning takes about an hour a day. It is all done lying down. Athletes learn more rapidly than others. Only a few motions are made. But they teach, first how the

arms feel when really relaxed. Next

the legs, then chest, brows, eyes and finally tongue and throat. The positions are all, except for actual sleep, to lie on the back, with legs not crossed and eyes closed First one arm, and later both simultaneously, are raised straight up with fists clenched, so that all

finally to fall limp on the bed. Legs are taught by flexing the feet forward at ankles, or back-

ward, and letting go. Chest Relaxed. The chest relaxation is learned by inhaling not too deeply and noting

how the easiest breathing can be

Brows are cleared of tensions by raising intensely, and frowning intensely, both separately, with subsequent relaxation and complete Eyes are turned to left or right

hard, and for half a minute, and the same up and down Throat and tongue relaxation are studied by counting out loud to 10 &

slowly, then in a lower tone, finally in a whisper The gestures themselves are almost ridiculously simple. Really doing them is difficult, requiring as a

nearly every one makes is an "ef-The mind is kept free of ideas. Why complete relaxation frees the mind is shown by the oscillograph. the "eye" which measures movements too small to be visible to humans, or even to be noticed by the

person making them. Whenever the mind is busy, ten sions appear in the muscles. While muscles do not think, there is much village fire truck, calling his "Merry | evidence that no thinking is done Christmas" to the accompaniment without some muscular accompani-

Weather Report

District of Columbia-Partly cloudy today, somewhat colder at night tomorrow increasing cloudiness, probably followed by light rain; moderate winds mostly westerly today. Maryland-Mostly cloudy, snow flurries in west portion today, some

what colder at night; increasing cloudiness tomorrow followed by light rain in east and snow flurries in west portion by night. Virginia-Partly cloudy today, somewhat colder at night; tomorrow

increasing cloudiness probably followed by light rain in north portion. West Virginia-Snow flurries today, slightly colder at night; tomorrow partly cloudy followed by snow flurries and colder at night. Weather Conditions Last 21 Hours.

A disturbance of increasing intensity has developed about 150 miles south-east of Nantucket, probably moving north-eastward with lowest pressure about 29.50 Page C-14 east of Nantucket, propagis east of Nanticket, probably moving moving the satisfact with lowest pressure about 29.50 inches. Pressure is low over Western Quebec and the North Atlantic States. Lac Dore, Quebec, 29.58 inches, A new disturbance is moving rapidly southeastward over the northern Rocky Mountain region, Calgary, Alberta, 29.60 inches. Pressure continues high over the plateau region and the West Gulf States, Salt Lake City, Utah, 30.40 inches, while a high pressure area is moving rapidly southeastward over Manitoba, Winnipeg, 30.12 inches, Pressure continues to risc over Alaska and the MacKenzie Valley, Aklavik, District of MacKenzie, 30.78 inches, During the last 24 hours there has been rather general precipitation in the Atlantic and Gulf States and some light snow in the lake region, the northern plains and the upper Mississippi Valley, Colder weather has overspread Manitoba and Western Ontario. River Report. Potomac and Shenandoah clear a Harpers Ferry late yesterday. Report Until 10 P.M. Saturday. PANA, Ill., Dec. 24.-J. T. Slater

12 noon 42 2 p.m. 42 4 p.m. 42 6 p.m. 40 8 p.m. 38 10 p.m. 36 this is the appeal, in part, he sent "I can't get a job anywhere so Record Until 10 P.M. Saturday. can make enough to get off re-Highest, 43, 3 p.m. yesterday. Year Lowest, 35, 5 p.m. yesterday. Year "When one has made a failure in Record Temperatures This Year. verything else he has tried he ought "Now, if you want to vote for

Highest. 96 on August 15. Lowest. 18, on January 28. The Sun and Moon.

Weather in Various Cities.

Heart Disease Sleep-Inducing Drills Used to Ward Off High **Blood Pressure**